

Psychiatry and Behavioral Sciences Journal Club

Course No. 26D04

Thursday, March 26, 2026

12:00pm – 1:00pm

<https://oklahoma.zoom.us/j/97240046019?pwd=bulSUGKFLigvkbV8VcuMvIHSRRKZz.1>

Meeting ID: 972 4004 6019

Passcode: 09122175

“GPM vs. DBT: A Provider’s Guide to Treating BPD”

Presented by:

Matthew Ittoop, DO
PGY-3 Resident

Learning Objectives: Upon completion of this session, participants will improve their competence and

1. Describe core components of GPM for BPD, including psychoeducation/medicalization, an active stance, and focus on functioning/social adaptation.
2. Compare GPM and DBT based on treatment structure and intensity as summarized in the article (including the specialist vs generalist framing).
3. Summarize the article’s conclusion about comparative outcomes between DBT and GPM (overall improvement with no significant differences reported in outcomes).
4. Apply the article’s guiding principles to generate 2–3 initial management priorities for a new outpatient with BPD (e.g., psychoeducation, focus on work/school, treatment frame).
5. Identify at least two dissemination/training features of GPM described in the article (e.g., brief didactics/workshops, uptake by residency programs).

Accreditation Statement: The University of Oklahoma College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Oklahoma College of Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Mitigation Statement: The University of Oklahoma College of Medicine, Office of Continuing Professional Development has reviewed this activity’s speaker and planner disclosures and has mitigated all relevant financial relationships with ineligible companies, if applicable.

The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo

Accommodation Statement: For accommodations, please contact Julie-Frost@ouhsc.edu or (405) 271-4468.

Disclaimer Statement: Statements, opinions and results of studies contained in the program are those of the presenters and authors and do not reflect the policy or position of the Board of Regents of the University of Oklahoma (“OU”) nor does OU provide any warranty as to their accuracy or reliability.

Disclosure Report

Role(s)	First Name	Last Name	Ineligible Company	Nature of the Financial Relationship
Co-Course Director, Planner, Faculty, Moderator	Irina V	Baranskaya, M.D.		I have no financial relationships or affiliations with ineligible companies to disclose.
Co-Course Director, Planner, Faculty, Moderator	Christopher S.	Czapla, M.D.		I have no financial relationships or affiliations with ineligible companies to disclose.
Course Contact, Planning Committee	Julie E.	Frost, B.A.		I have no financial relationships or affiliations with ineligible companies to disclose.
Course Contact, Planning Committee	Kelsey	Henson		I have no financial relationships or affiliations with ineligible companies to disclose.
Planner	Adam J.	Konen, M.D.		I have no financial relationships or affiliations with ineligible companies to disclose.
Course Contact (Back-up support), Planning Committee	Lori D.	Nicholson		I have no financial relationships or affiliations with ineligible companies to disclose.
Department Chair, Planner, Faculty	Britta K.	Ostermeyer, M.D., MBA		I have no financial relationships or affiliations with ineligible companies to disclose.
Course Contact, Planning Committee	May	Thein, MHR		I have no financial relationships or affiliations with ineligible companies to disclose.
Speaker	Matthew J.	Ittoop, D.O.		I have no financial relationships or affiliations with ineligible companies to disclose.